

Recommended Resource List: Aging—Wellness

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Audiobooks

Weil, Andrew. **Healthy Aging: a Lifelong Guide to Your Physical and Spiritual Well-being.** Westminster, MD: Books on Tape, 2005. Call number: [SR CD 612.67 Weil](#)

Books

American Medical Association Complete Guide to Prevention and Wellness: What You Need to Know about Preventing Illness, Staying Healthy, and Living Longer. Hoboken, NJ: Wiley, 2008. Call number: [613 Amer](#)

Cohen, Gene D. **The Mature Mind: the Positive Power of the Aging Brain.** New York: Basic Books, 2006. Call number: [155.671315 Cohen](#)

Cusack, Sandra. **Mental Fitness for Life: Seven Steps to Healthy Aging.** Boulder, CO: Bull Publishing, 2005. Call number: [312.67 Cusa](#)

Dugan, Elizabeth. **The Driving Dilemma: the Complete Resource Guide for Older Drivers and Their Families.** New York: Collins, 2006. Call number: [629.28304 Duga](#)

Einberger, Kristin. **Strengthen Your Mind: Activities for People with Early Memory Loss.** Baltimore, MD: Health Professions Press, 2007. Call number: [616.83 Einb](#)

Nuland, Sherwin B. **The Art of Aging: a Doctor's Prescription for Well Being.** New York: Random House, 2007. Call number: 305.26 Nula

Peters, Rick. **Remodeling for Easy Access Living.** New York: Hearst books, 2006. Call Number: 643.7 Pete

Roizen, Michael F. **The RealAge Makeover: Take Years Off Your Looks and Add Them to Your Life.** New York: Collins, 2005. Call number: 613.0434 Roiz

Small, Gary W. **The Longevity Bible: 8 Essential Strategies for Keeping Your Mind Sharp and Your Body Young.** New York: Hyperion, 2006. Call number: 613 Smal

Weil, Andrew. **Healthy Aging: a Lifelong Guide to Your Physical and Spiritual Well-being.** New York: Alfred A. Knopf, 2005. Call number: 612.67 Weil

Videos/DVDs

Adapting Homes to Successfully Age in Place: Important Information to Know at Home. 29 minutes. Aquarius Health Care Videos, 2003. Video. Call number: VC 363.5946 Adap VC9940

Aging & Creativity: a Journey of Discovery. 27 min. Aquarius Health Care Videos, 2002. Video. Call number: VC 153.350846 Agin

Aging in America: the Years Ahead. 57 min. Talking Eyes Media, 2003. DVD. Call number: VC DV 305.26 Agin

The Aging Mind. NIMCO, [2000?]. Video. Call number: VC 612.82 Agin

Exercise with the National Institute on Aging. 48 minutes. National Institute on Aging, National Institutes of Health, 2001. Video. Call number: VC 613.70446 Exer

Fitness and Nutrition (program 1). 27 min. Grand Kent Consortium on Successful Aging, 2001. Video. Call number: VC 613.7 Fitn

Holistic Aging: Uniting the Mind, Body & Spirit. 27 min. Aquarius Health Care Videos, [2002]. Video. Call number: VC 305.26 Holi

Late-life Depression. 28 min. Films for the Humanities & Sciences, 2004. DVD. Call number: VC DV 618.9768527 Late

Nutrition & Aging a Journey of Discovery. 29 min. Aquarius Health Care Videos, 2002. Video. Call number: VC 612.67 Nutr

The Secret Life of the Brain. 5 hrs. PBS DVD Video, 2002. 3 DVDs. Call Number: VC DV 612.82 Secr

Substance Abuse in the Elderly (Doctor Is In series). 28 min. Aquarius Health Care Videos, 2000. Videocassette. Call number: VC 362.29 Subs

The Way Home: Finding Your Place in the Golden Years. 56 min. Fanlight Productions, 2002. Videocassette. Call number: VC 363.5946 Way

Websites

<http://www.nal.usda.gov/fnic/etext/000002.html>

Lifecycle Nutrition--Aging from the Food and Nutrition Information Center (FNIC) of the National Agriculture Library offers information on healthy eating, nutritional challenges related to aging, food safety issues, Meals on Wheels and other assistance programs. Last accessed on September 19, 2008.

<http://www.nia.nih.gov/>

The National Institute on Aging provides information on aging research, training, health information dissemination, and other programs relevant to aging and older people. Last accessed on September 19, 2008.

<http://nihseniorhealth.gov/listoftopics.html>

National Institutes of Health Senior Health is a website specially designed for older Americans with such features as the websites' ability to talk or read the text aloud, enlarging the text, and changing the color contrast. It also features information on cancer, balance problems, exercise for older adults, and more. Last accessed on September 19, 2008.

<http://www.nlm.nih.gov/medlineplus/nutritionforseniors.html>

Nutrition for Seniors from the National Library of Medicine/National Institute of Health offers information overviews, research news and much more. Last accessed on September 19, 2008.

<http://www.usa.gov/Topics/Seniors.shtml>

Senior Citizens Resources is a federal government website designed specifically for seniors with information on such topics as consumer protection, retirement and money, travel and leisure, and health and nutrition. Last accessed on September 19, 2008.

<http://chfs.ky.gov/Services/Seniors.htm>

Seniors web page from the Kentucky Cabinet for Health and Family Services offers information about services and programs available to or provided for older Kentuckians. Last accessed on September 19, 2008.